The revised life orientation test (LOT-R)

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements.

There are no ‘correct’ or ‘incorrect’ answers. Answer according to your own feelings, rather than how you think ‘most people’ would answer.

Using the scale below, write the appropriate number beside each statement.

0 = strongly disagree
1 = disagree
2 = neutral
3 = agree
4 = strongly agree

1) In uncertain times, I usually expect the best
2) It’s easy for me to relax
3) If something can go wrong for me it will
4) I’m always optimistic about my future
5) I enjoy my friends a lot
6) It’s important for me to keep busy
7) I hardly ever expect things to go my way
8) I don’t get upset too easily
9) I rarely count on good things happening to me
10) Overall, I expect more good things to happen to me than bad

All data from this questionnaire will be kept in the strictest confidence.

Name:
Contact details: